

Rebuilding Trust in Myself After Trauma

A reflection workbook about self-trust, boundaries, choices and reconnecting with your own signals.

Trauma can affect self-trust

After frightening, abusive or overwhelming experiences, people can question their judgement, needs or reactions. Rebuilding trust can happen through small experiences of listening to yourself and noticing what follows.

My signals

How does my body tell me yes, no, maybe or not yet?

When do I feel most able to hear my own preferences?

What makes me doubt myself?

Boundaries and choice

What am I allowed to say no to?

Where would I like more time before deciding?

What information helps me make choices?

Who respects my boundaries without punishing or pressuring me?

Evidence of self-trust

A decision I made that protected me was...

Something I noticed correctly was...

A need I am learning to take seriously is...

One small choice I can make for myself this week is...

Gentle safety note: This resource is for reflection and stabilisation, not for forcing yourself to revisit traumatic memories. If you feel unable to keep yourself safe or are in a mental health emergency, seek urgent professional help.